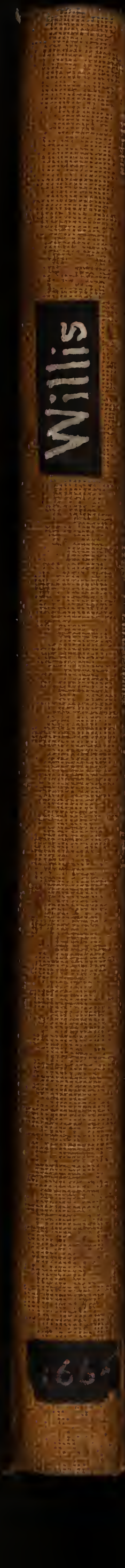

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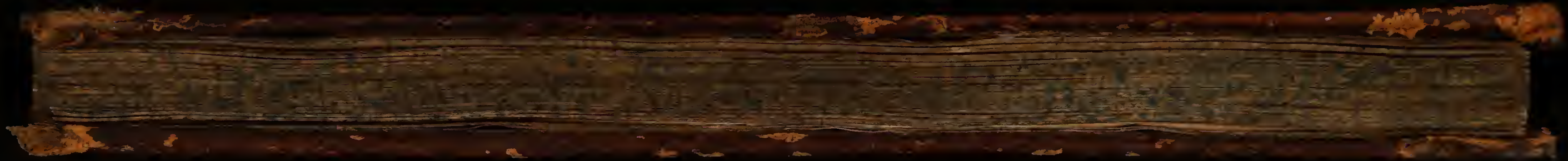

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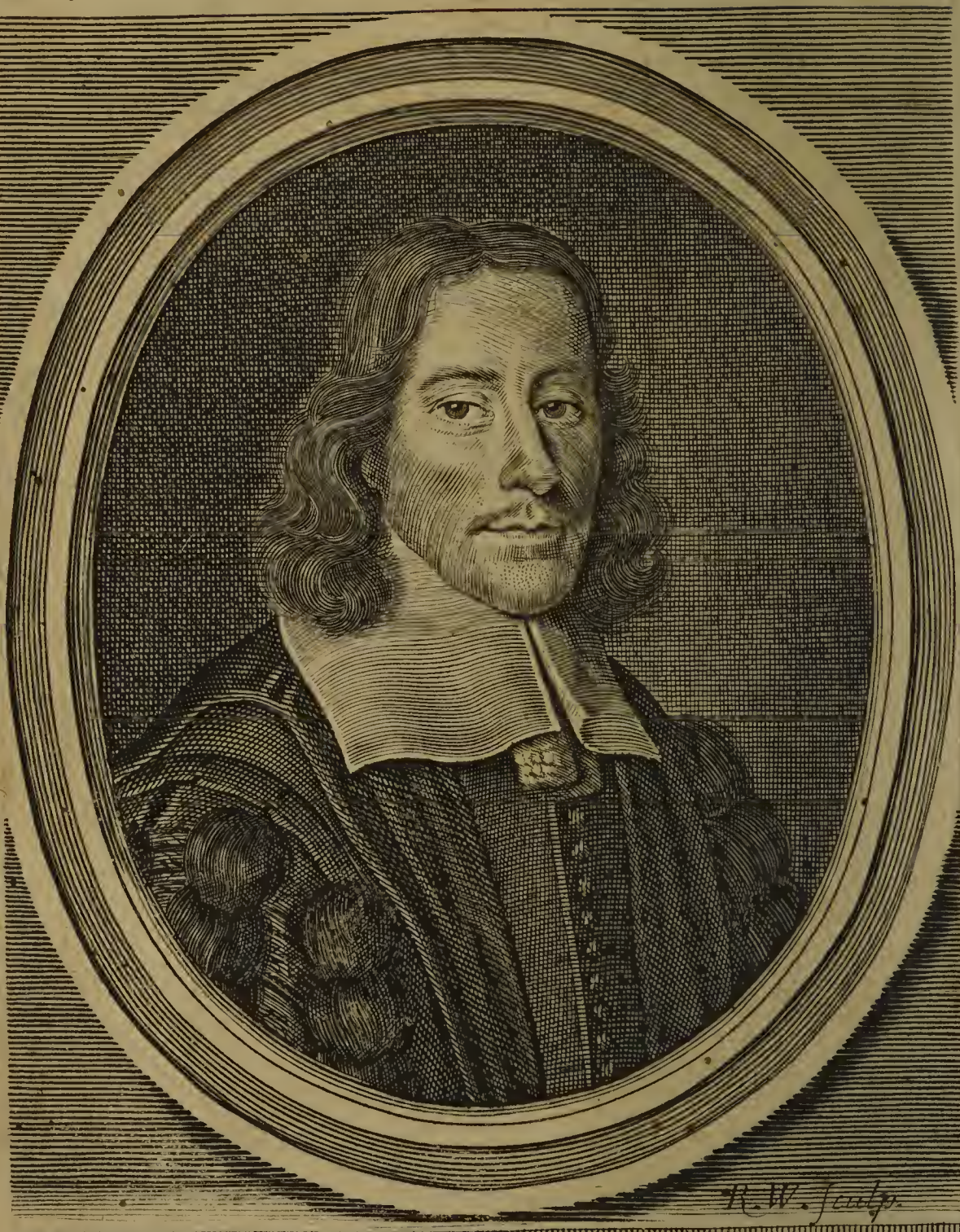


Thomas Willis M.D.

A

# Plain and Easie Method

FOR

Preserving [by **God's Blessing**] those that are WELL from the Infection of the

# PLAGUE,

OR

Any Contagious Distemper in City, Camp, Fleet, &c.

AND

For Curing such as are Infected with it.

Written in the Year 1666.

By *Tho. Willis*, M. D. late Sidney Professor in *Oxford*, and a Member of the Royal Society and College of Physicians in *London*.

With a Poem on the virtue of a Laurel Leaf for curing of a Rheumatism. By *W. B.*

Never before Printed.

*LONDON*, Printed for *W. Crook*, at the *Green-Dragon*, without *Temple-Bar*. 1691.

TO THE

# READER.

*Good Reader,*

HAving been hitherto very averſe from Publiſhing any of Dr. *Willis*'s Poſthumous Works, becauſe it may be preſum'd that they want his laſt Hand to compleat them; and for a that

that Reaſon, giving no ear till now to any Entreaties of that kind, though never ſo powerful, or never ſo importunate: I think my ſelf oblig'd to give the World ſome Account why I alter'd my mind as to this particular, and did at length ſuffer my ſelf to be prevail'd with to Print the following Treatiſe, it being now Fifteen Years after his Death; and it is briefly this: A worthy Friend

Friend and an old Acquaintance of mine, desiring if I knew of, or could procure any choice and approv'd Receipts against the Plague, that I would furnish him with some for a Friend of his, for the preservation of whose Health he had a singular concern, and who was going in the late Embassie to *Constantinople*, where that Distemper then was, and did frequently rage: I pro-

mis'd to use my utmost endeavours to supply him; and calling to mind this short Tract, which I transcrib'd from the Doctor's Papers in the Year 1666, being then his *Amanuensis*; I knew it would far exceed whatsoever I could elsewhere obtain, or pretend to collect upon this Subject: Whereupon I allow'd him to take a Copy of it for his Friend's use, upon condition he would not make

make it publick. But not long ſince a ſuſpicious Sickneſs having ſeiz'd their Majeſties Army in *Ireland*, the ſame Perſon was very much of opinion, that the Printing of it might do great ſervice, ſhould that Diſeaſe prove Peſtilential; and urg'd ſuch Arguments, as made me to be alſo of the ſame perſwaſion; eſpecially, he having ſhew'd the Copy to ſeveral of the moſt eminent

minent Phyſicians amongſt us, whoſe opinion it was, as he aſſur'd me, that the Publiſhing of it might be of very great uſe, it being a charitable inſtruction in caſes of great danger, for ſuch as cannot procure the attendance of Phyſicians: I muſt needs own, that I could not withſtand the judgment of ſuch Perſons.

The regard I have always had, and ſhall ſtill have

have for the Reputation and Memory of my dear *Maſter*, and beſt *Friend*, will not, I preſume, be thought to leſſen, by my giving way upon theſe terms to this Publication; ſince it is ſo earneſtly deſir'd, and ſo well eſteem'd of: And the Good that is aim'd at by it can be no ill Apology for

*Thy Friend and Servant,*

*St.* Martins-Lane,
Sept. 1. 1690. *J. Hemming.*

# ERRATA.

PAg. 34. line 2 for *four Ounces*, read *three Ounces*. p.35 l.14 for *Butter Roots*, r. *Butter-Bur Roots*. p.38 l. 13 for *half an Ounce*, r. *half a Scruple*. p. 39 l. 7 for *Bole Armenick*, r. *Bole Armoniack*. p. 65 l. 13 for *cauſeth the ſwelling*, r. *cauſeth ſwelling*. p. 69 l. 6 for *open'd*, r. *ripen'd*.

# A Plain and Easie METHOD, &c.

IN time of **Pestilence**, because a Physician cannot easily, or often, be consulted with; Therefore it behoveth all Persons, as well Poor as Rich, to be furnish'd with Remedies against that Contagious Disease; and certain Rules, or a Method how to use them: Which Method being very plain, and almost the same to all People, consists chiefly in these

two Parts, *viz.* **How to preserve the Whole from takeing Infection; And how to cure the Sick that are infected.**

Touching the First; Though the sureſt way is to fly from it, yet in regard this cannot be done by all, some Means should be us'd to secure [so far as it is possible] those that are forced to stay by it. Such Means of **Prevention**, either concern the Publick Magistrate, which are already sufficiently known, and commonly practis'd in all places that are infected, and it would be superfluous to repeat them here; Or else such as belong to private Persons, what ways every Man that lives in, or near an infected place, may arm himself

ſelf againſt the danger of Contagion; Which ſhould be endeavour'd, as well by purifying the Air we breathe, as alſo by fortifying our ſelves againſt taking the Infection at our Noſtrils, Mouth, or Pores of the Body, which are the chiefeſt, if not the only parts the Poiſon creeps in at.

That the **Air** we breathe in may be wholeſome, all Things, that may advance or add to the corruption of it, ſhould diligently be removed; our Houſes, and Streets kept clean; all Filth, and whatever may cauſe noiſom ſmells, be taken away; and amongſt other things, the ſmell of Sope-Suds, and Lye, in the waſhing of Clothes, be avoided; this, Experience has taught to be very

dangerous; as 'tis obſerved by **Diemerbroek** and **Vander Heyden**.

Beſides the ſuppreſſing of Vapours that may increaſe the infection of the **Air**, it is to be purg'd of that Malignity it brings with it from other infected places; and this is done by great Fires, which ſhould be continually kept, except the Weather be too hot, and by Fumes of *Sulphur*, *Nitre*, *Frankincenſe*, *Pitch*, *Roſin*, *Tarr*, and the like, which every day ſhould be burnt in the Room we moſt frequent, alſo before our Doors, and on the tops of our Houſes. Of ſimple Medicines to be us'd for this purpoſe, *Brimſtone* is commended for the beſt that is; 'Tis likely that *Vitriol*, which partakes much of

of the like acid Spirit, may be very proper; but in regard 'tis not easily combustible, make this mixture, and strew of it on Coals in a hot Chafing-dish.

*Take green* Vitriol *calcin'd*, Saltpeter, *and* Sulphur, *of each a pound, beat them well together, and keep it for use.*

*In close Rooms, and in hot Weather*, Vinegar *with* Rue, *or* Wormwood, *chopt small, and evaporated in a perfuming Pot; or else Pestilential* Vinegar [as we shall describe] *thrown on a hot Brick. Or*

*take* Myrrh, Galbanum, Ammoniac, *of each half an Ounce; boyl these in a Quart, or three Pints of* White-Wine Vinegar, *'till they are all dissolv'd; put half a spoonful of this at a time on a hot Brick.*

Some commend Slakeing of *Lime*, supposing the fume that ariseth from it, may purifie the Air: 'Tis possible, if this be done with *Vinegar*, either simple, or impregnated with *Alexipharmacal* Medicines, it may be more effectual.

Next to the Cure of the **Air**, to render that as wholesom as we can; we must arm our selves against taking in that Malignity, which [notwithstanding all means

of

of purifying it] ſhall ſtill remain mixt with it. Now becauſe the Spirits are commonly the firſt that receive Infection; We muſt fortifie them, that they may not eaſily admit the approaches of their Enemy, which when they are in full vigour and expanſion, they will repel, and as it were keep off at a diſtance; Therefore **Wine** and **Confidence** are a good **Preſervative** againſt the **Plague**: But when the Spirits, through fear, or want of ſupply, do recede, and are forc'd to give back, the Enemy enters, and firſt ſeizeth them, and thence gets into the Blood and Humors; Therefore much **Faſting** and **Emptineſs** are **bad**: But every one ſhould Eat and Drink at convenient Hours, in ſuch manner

manner and measure, as may always keep the Spirits lively and chearful, and endeavour to compose his Mind and Affection against fear and sadness.

But besides keeping the Spirits in a good height, and more especially when that cannot be done, as in Persons that are naturally fearful, and of a tender Constitution, the Spirits should constantly, as it were, be kept arm'd with such Remedies as resist the Poyson; that is, the use of proper Antidotes against the **Plague**.

I shall set down some **Preservatives** to be taken of every Morning, and again at Night, by those that live in infected places.

*Take*

*Take of Conſerve of* Wood-Sorrel *four Ounces*; Confectio Liberans, *and* Mithridate, *of each half an Ounce*; *Salt of* Wormwood *two Drams*; *Confection of* Hyacinth *one Dram*; Tormentil *Roots, and fine* Bole, *of each half a Dram*; *Peſtilential* Vinegar *half an Ounce*; *mix all with Syrup of* Citron; *Take as much as a Nutmeg, Night and Morning.*

For

For the Poorer Sort, that Medicine of the Ancients, may be proper, *viz.*

*Take of* Rue *two handfuls*, Figs *and* Walnut-Kernels, *of each twenty four, common Salt half an Ounce; Which beat all together in a Mortar, till it be well mix'd; Take of it as much as a Nutmeg every Morning and Night.*

This Medicine may be several ways advanc'd, by adding some *Alexipharmacal* Remedies to it, as by putting Salt of *Wormwood*, instead

inſtead of common Salt, and by adding an Ounce of *Venice Treacle*, to the whole Compoſition.

For thoſe that cannot take an *Electuary*, theſe *Tablets* may be proper to eat, about one Dram at a time, two or three times a day.

*Take of the Roots of* Virginian-Snakeweed, Zedoary, Contrayerva, Species Liberans, *of each two Drams*; Camphire *two Drams*; *mix all finely pouder'd, then diſſolve eight Ounces of fine*

*fine Sugar in Peſtilential* Vinegar; *Boyl it Candy high, and adding the Pouder to it, make all into Lozenges.*

For ſome that are of a hotter Conſtitution, and a high Sanguine Temper, it may be proper to take every Morning a ſpoonful of Peſtilential *Vinegar* in a little *Carduus* water, or plain *Wallnut* water; or elſe drink a draught of *Poſſet-Drink*, made with a Spoonful of that *Vinegar.*

Let the **Peſtilential Vinegar** be made thus.

*Take*

*Take of the Roots of* Angelica, Butter-Burr, Tormentil, Elecampane, *of each half an Ounce*, Virginian -- Snake-Weed, *choice* Zedoary, Contrayerva, *of each three Drams*; *Leaves of* Scordium, Rue, Goats-Rue, *of each one handful*; Marigold Flowers, Clove-gilloflowers, *of each half a handful*; *Seeds of* Citron *and* Carduus, *of each two Drams*; *Cut and bruise these, and put*

*put them in a Glaſs-Bottle, with three Pints of the beſt* Vinegar, *to digeſt for ten days.*

When the Stomach, by frequent taking of one ſort of **Antidote**, begins to loath it: In ſuch Caſes the uſe of it may be changed into ſome other: And if the Stomach withal ſhould be ill, and defective, in Appetite and Digeſtion; let the Party take every Morning, ten or twelve Drops of **Elixir Proprietatis,** in plain *Wormwood* Water, or elſe in *Wormwood* Wine.

Thoſe that have Coughs, and ill Lungs, may take five or ſix Drops of **Balſam** of **Sulphur,** made thus.

*Take*

*Take Flower of* Sulphur, *two Ounces, melt it in an Earthen Diſh glaz'd on the fire, then put to it two Ounces of Salt of* Wormwood; *ſtir it for a Quarter of an Hour, taking care that it does not catch fire; Then put into it of* Aloes, Myrrh, Olibanum, *finely pouder'd, of each one Dram, of* Saffron *half a Dram; Keep this ſtirring half a Quarter of an Hour; Take it off, and put half an Ounce of it pouder'd,*

*to*

*to digeſt in five or ſix Ounces of good Spirit of Wine; It will take in a ſhort time a very excellent Tincture: Which keep for uſe.*

Or elſe this Balſam may be made with *Spiritus Theriacalis Camphoratus*, and ſo will be more effectual againſt the **Plague**, Or which is more applicable to uſe,

*Put an Ounce of that Pouder newly made, into a pretty large Glaſs, and put to it a Quart of good*

*good Sack; Set it in a gentle heat, for three or four Hours, it will take a Tincture: And of this one may take half a Spoonful at a time: And I suppose two Spoonfuls in a convenient* Vehicle, *may be a good* Sudorifick *to be given one that is infected.*

Though Purging in time of Peſtilence is not good, as **Diemerbroek** by frequent Examples has obſerv'd, yet in *Cachochymick* Bodies, it may be convenient once in a fortnight, to take a Doſe of *Pillulæ Ruffi*; Take

half a Dram at Night, and next Morning take the wonted Antidote, as at other times.

Alſo for thoſe that live in an infected Air, that there is ſuſpicion that they may daily take in ſome peſtiferous Vapours, which fermenting with the Blood and Humours, may inſenſibly at laſt break out in the **Plague**; it may not be amiſs, once or twice a week, to take pretty large **Sweats** in their Beds: And this to be done, eſpecially if the Party has had any occaſion whereby he may ſuſpect himſelf to have been more open to infection, or that he has taken any: After ſuch Sweat he ſhould keep his Chamber the forepart of the day, till the Pores are reduc'd to be as they were before.

*To*

*To provoke such a Sweat:* *Take of* Venice Treacle, *one Dram; dissolve it in three Ounces of* Carduus *Water, add a Spoonful of* Syrup *of Pestilential* Vinegar; *Or take a Draught of Posset-Drink, made with Pestilential* Vinegar; *In which boyl a few* Petasitis *Roots: To promote and continue the Sweat, take Posset-Drink with* Meadow-Sweet, *or else with* Carduus, *or* Marigold-Flowers *boyl'd in it.*

Beſides the daily and conſtant uſe of ſuch *Alexipharmacal* Remedies, there are other Means, which occaſionally and ſometimes continually ſhould be taken. For in regard we always draw in the Air at our Noſtrils and Mouth, theſe parts ſhould be well guarded with ſome Antidotes, that may keep out the poyſonous Vapours from entring in, and eſpecially as often as upon occaſion we are more nearly expos'd to danger of Infection. To this end, ſome things to ſmell to, others to be held in the Mouth, chew'd, and ſwallow'd down, are frequently to be inſiſted on.

That which ſeems at once to fulfil moſt of theſe intentions, is taking of Tobacco in a Pipe; the Smoke of this ſecures thoſe parts which lye

lye openeſt, and at once intercepts the Contagion from the Brain, Lungs, and Stomach: Nay more than this, it ſtirs the Blood and Spirits all the Body over, and makes them ſhake off any poyſonous Matter that adher'd to them: Inſomuch that **Diemerbroek** accounts it not only a Preſervative, but tells us, that himſelf, when he was ſeveral times infected, by taking five or ſix Pipes of Tobacco together was preſently cur'd. And amongſt us in *England* 'tis reported, That in the laſt great Plague, no Tobacco-Shop was infected: If 'tis not of ſo great virtue ſtill amongſt us, the reaſon is, becauſe moſt Men have been accuſtomed to take it ſo exceſſively; wherefore it is grown ſo familiar to them, that it produceth no al-

teration when it ſhould be us'd as an Antidote.

Beſides the frequent uſe of Tobacco, which doubtleſs in time of Plague may be profitable for them that can take it; others, and alſo Tobacconiſts, at ſome times ſhould be furniſhed with ſomething to ſmell to when they paſs through infected Places. *Wormwood* and *Rue*, *Galbanum*, *Caſtor* and *Vinegar* are good: The vulgar practice of putting *Mithridate*, or *Treacle*, or *Tar* in their Noſtrils, may be very uſeful; or to have a *Pomander* to carry in ones hand, or put into the top of a Staff.

*Take of the Roots of* Contrayerva *and* Virginian-Snakeweed *pouder'd,*

*der'd, of each Two Drams; of the beſt* Myrrh *pou-der'd, half an Ounce; of* Camphire *half a Dram. Let it be made a Pouder.*

Part of this may be enclos'd in a fine Silk Bag, and oftentimes dip it in *Peſtilential Vinegar*, and ſo ſmell to it. To the other part of this, add *Oyl of Nutmegs* by Expreſſion, and *Oyl of Cap-ivy*, of each a Dram, or as much as will make it into a Maſs; alſo add of *Balſam of Peru* one Scruple. Dip Cotton Wool in *Elixir Proprietatis*, incloſe it in fine Silk, and put it in the head of a Staff, or Civet Box, to ſmell to.

For Medicines to hold in the Mouth, and chew on, Roots of

*Zedoary*, *Contrayerva*, and *Snake-weed* are very good; also Roots of *Enulacampane*, *Angelica*, and *Master-wort*; these either alone, or macerated in *Vinegar*, and dried again. *Myrrh* is very excellent: Some commend Tobacco, and chew it almost continually.

These are the chiefest Remedies which help to keep Infection out of the Body. There is yet another sort which serves to let it out, and carry it away, before it grows to a head, *viz. Issues*, which have been found by often experience to be good Preservatives in time of Plague: For as much as Nature having a constant vent for excrementitious matter thrown off the Blood, by the same way expels poysonous Atoms soon after they are receiv'd into the Body.

Con-

Concerning Rules of Diet I need not ſay much, becauſe ſuch Precepts are commonly known: 'Tis to be obſerv'd in general, that only wholſome Food ſhould be taken: Very ſalt Meats, as hang'd Beef, Bacon, Pork, ſalt Fiſh, alſo ſhell-Fiſh, moſt kind of Herbage and raw Fruit ſhould be avoided. The Meals ſhould be moderate, and eaten in due ſeaſon. Some Antidotal Things may be taken with the Meat, or mix'd in the Sauce; *Clove Gilloſlowers* pickled, alſo *Citron* Peel and Juice, *Rasberries*, *Currants*, *Pomegranate* Juices, *Peſtilential Vinegar*, and *Muſtard*, made with the Seeds of *Thlaſpi*, may be of ſome good effect.

Theſe kind of Remedies, and manner of living, ought chiefly to be inſiſted on as Preſervatives againſt

againſt the Plague. Thoſe that are timorous and of tender Conſtitutions require a ſupport from the uſe of more means; whereas Perſons that are ſtrong, and of a bold temper, have need of the leſs Remedies. But 'tis not ſafe for any to be ſo confident as to dare to converſe with infected People, or live in the midſt of Contagion without any Antidote at all.

In the uſe of means, caution is to be had, that ſtrong and hot Cordials be not too often taken, nor yet indifferently by all People; for that will inflame the Blood, and make it apt to kindle a Fever, which at ſuch times ſoon turns to the Plague.

The like caution is to be had againſt immoderate drinking of Wine; though a moderate proportion

portion chears and fortifies the Spirits, yet too much greatly disorders them, and thereby People are more expos'd to take Infection.

Letting of Blood in time of Plague has been obſerv'd to be very pernicious; ſo alſo oft or ſtrong Purging; for the Veins being emptied either way, will readily ſuck in whatever poyſonous Atoms lurk in the outward Pores of the Body, which being admitted, become the more prevalent, becauſe the Spirits being depauperated, are leſs able to ſubdue or repel them.

Thus much of the way of Preſervation: Next we are to treat of the Cure of thoſe that are infected.

The Cure of the Plague admits of no Delay; neither indeed

deed is there need of any deliberation what ought to be done; but as soon as any one finds himself infected, let him forthwith take to his Bed, and having pray'd to Almighty God for his Blessing, begin to use the Means.

If the Party is much oppress'd at his Stomach, and strains to vomit, or else with vomiting throws up bitter and stinking Matter; let him presently take a large draught of *Carduus*, or *Camomile* Posset-Drink, and in it either half a Dram of Salt of *Vitriol*, or two Ounces of Liquor of *Squills*, and with his finger or a Feather, fetch up what is contain'd in his Stomach; but take no Antimonial Medicine, that will work beyond the Stomach.

As

As ſoon as he has vomited, [or if there is no occaſion for this Evacuation] let him preſently be put into a Sweat, and continue for twelve hours, more or leſs, according as his ſtrength will hold out, and not ſleep in it, or not till the latter end of it.

If when he begins to Sweat, or endeavours it, his Vomiting ſtill perſiſts, then apply to the pit of the Stomach a Toaſt of White-Bread, ſpread over with *Treacle* or *Mithridate*, and dipt in *Claret-Wine* or *Peſtilential Vinegar*, made Scalding hot in a Peuter Diſh; Wrap this in fine Linnen, and apply it very hot.

After a plentiful Sweat for twelve, fourteen, or eighteen hours, give him ſome Refective,

as

as Broth, Caudle, Mace-drink, or the like; and a little while after ſuffer him to ſleep if he can. Then give him temperate Cordials by way of Confection or Julep, or both; which repeat every third or fourth hour: Alſo at the time that the Party ſettles to ſleep, lay *Veſicatory* Plaiſters behind the Ears, and under the Arm-pits, and alſo in the Groin.

After he has ſlept, or endeavour'd it, and his Spirits are pretty well refreſh'd, at a moderate diſtance from the firſt ſweating, *viz.* Eighteen, or Four and Twenty hours, ſooner or later, according as Symptoms are more or leſs urgent, and his ſtrength is able, repeat the Sweating again; and ſo proceed through the whole Cure; one while Sweating, and

another

another while refreshing his Spirits by temperate Cordials and Sleep; betwixt whiles administring fit Nourishment, until such time as the Symptoms are abated wholly, and either the Disease terminated, or else the Malignity is driven all out in Boyls or Carbuncles; which how they must be order'd, shall be set down.

Though the same kind of Sudorificks may be given indifferently to most People, yet because there is variety of such Medicins, in respect both of the Matter and Form of them, therefore some choice may be had in the administration of them, that so we may comply with the Patient's taking them best in this or that kind of Form; and also

ſo that thoſe that are hotter be given to Perſons of a cold Temper, and thoſe Medicines which are more temperate to ſuch whoſe Conſtitutions are hot: I ſhall ſet down ſeveral Forms of Sweating Medicines, which are given either in **Potion, Bolus,** or **Powder.**

## Potions.

*Take of* Small Plague Water, *Two Ounces*; Peſtilential Vinegar, *half an Ounce*; *of* Venice Treacle, *one Dram*; *mingle them.*

*Take*

*Take of Compound* Scordium Water *two Ounces*; Treacle-*Water half an Ounce*, Venice Treacle *one Dram*, Salt of Wormwood *one Scruple*, Spirit of Vitriol *Six Drops*: Mingle them.

*Take of* Butter Burr-Water *three Ounces*, Venice Treacle, Diascordium, *of each one Dram*, *Pestilential* Vinegar *one Spoonful*: Mix them.

*Take of* Carduus *Water* *Four Ounces*, *Peſtilential* Vinegar *One Ounce*, *Peſtilential* Extract *One Scruple*: Mix them.

*Or make ſome* Poſſet-Drink *with Peſtilential* Vinegar; *in a Draught of it diſſolve one Dram, or a Dram and a half, of any of theſe Confections, adding one Scruple of Salt of* Wormwood.

*In a Spoonful or two of* Treacle-

Treacle-Water, *or* Vinegar, *or both mix'd; give fifteen or twenty Drops of* Spirit of Harts-horn, *or of the simple Mixture from half a Dram to a Dram; or of* Balsam of Sulphur, *from ten to twenty Drops, or fifteen Drops of* Elixir Proprietatis.

For the Poorer sort, make *Posset-Drink* with Pestilential *Vinegar*, and boyl in it some *Butter-Roots*, and give a Draught hot.

Or make this Potion which **Henricus a Bra** magnifies above all other Remedies, from

the Experience of it in a great Plague once raging in hisCountry.

*Take* Celandine *and* Rue, *of each one handful,* Marigold Flowers *half a handful; boyl these in a Quart of* White-Wine Vinegar; *strain it out, and keep it in a Glass Bottle; give two or three Spoonfuls; in which dissolve of* Venice Treacle, *or* Mithridate, *one Dram.* This will provoke Sweat very powerfully.

Some

Some others commend a Decoction of *Guaiacum*, to provoke Sweat with it, as in the cure of the *French Pox*.

A plain Decoction of *Rue* in *White Wine*, with a little *Vinegar* added to it, is highly commended by others.

Seeds of *Rue* pouder'd, and one Dram of it mix'd with half a Dram of *Treacle*, dissolv'd with *White-Wine*, is accounted an excellent Sudorifick.

Sudorifick Medicines may be given in **Pouder** thus.

*Take of* Virginian Snake-weed, Contrayerva,

*and* Gascoigne *Pouder*, *or* Lady Kent's *Pouder*, *of each one Scruple*; *give it in two Spoonfuls of Posset Drink*, *or of a Cordial Julep*, *or in* Syrup of Gilloflowers.

*Take* Pouder of prepar'd Toad *one Dram*, Pouder of Hyacinth *half a Dram*: Mingle them.

*Take of* Bezoartica Mineralis *half an Ounce*, *of* Species Liberans *two Scruples*, Camphire *eight*

*eight Grains* : Mingle them.

*Take of the* Flower of Sal Armoniac *half a Scruple, of* Ceruſſe of Antimony *one Scruple, of* Bole Armenick *one Scruple* : Mingle them.

Give any of theſe in a Spoonful or two of any Liquor, or in a Spoonful of *Sack*, with as much Peſtilential *Vinegar*; half an hour after, drink a draught of Poſſet-Drink with *Medeſweet*, or *Woodſorrel* boyl'd in it.

*Take of the* Pouder of Ivy Berries *one Dram; give it in a draught of warm* White-Wine, *with a Spoonful of Peſtilential* Vinegar.

*Take* Pouder of the Roots of Carline Thiſtle; *Give it in the ſame manner.*

*Likewiſe* Pouder of Butter Burr Root, *given in the ſame manner, provoketh Sweat powerfully, and expelleth*

*expelleth the Poyſon of the Plague.*

*Take of* Zedoary Root *that is gummy and ſound, one Ounce,* Sugar Candy *one Ounce and an half,* Camphire *half an Ounce; mix all in a fine Pouder:* The Doſe is one Dram in ſome diſtill'd Water.

If the Patient can beſt take his Medicine in a **Bolus**.

*Take* of Venice Treacle *one Dram,* Tormentile Roots, Bole prepar'd, of

*of each one Scruple*, Syrup of Gilloflowers *as much as ſufficeth.*

*Take* Diaſcordium, Confectio Liberans, of *each half a Dram, or two Scruples*, Salt of Wormwood *one Scruple*, Conſerve of Roſes *vitriolated half a Dram*, Syrup of Gilloflowers *as much as is ſufficient.*

*Take of* Conſerve of Roſes *half a Dram*, Balſam of Sulphur, *fifteen*

*fifteen Drops; mix them.* Take Posset Drink half an hour, or an hour after any of these.

When many People are sick, and there is not leisure to compound every Dose of these Medicines severally, there should be a large mixture of each kind made up together, which may immediately, and without trouble be distributed into Doses.

*For Sweating Potions thus.*

*Take a Quart of* Small Plague *Water, of* Compound *Water of* Scordium

dium *and* Peſtilenti-*al* Vinegar, *of each a Quarter of a Pint, of* Syrup of Gillo-flowers *two Ounces*, Venice Treacle *one Ounce, of* Diaſcordi-um *and* Confectio Liberans, *of each half an Ounce*, Peſtilenti-al Extract, Salt of Wormwood, *of each two Drams; put all to-gether in a large Glaſs, ſhake them well together, and after it has ſtood Four and Twenty Hours, make*

*make use of it: Pour out three Ounces of the clear, and two Ounces of it turbid or shaken just before:* This may serve for fourteen or sixteen days.

*Mix a* Pouder *thus.*

*Take of the* Pouder of Confectio Liberans, *one Ounce,* Roots of Contrayerva, Virginian-Snakeweed, Tormentile, Bole prepar'd, *of each two Drams, of the* Claws of Crabs *pouder'd*

*pouder'd, half an Ounce, mix all very well.* The Dose is from one Dram to one Dram and a half, or two Drams.

*Or take of the Pouders of Prepar'd* Toad *one Ounce, and of* Confectio Liberans *half an Ounce, mix them.* The Dose is from one Dram to one Dram and a half.

For an *Electuary* to be distributed into several Doses, that of **Hermannus Vander Heyden** is a very good one, and as he asserts,

ſerts, approved by frequent Experience.

*Take of* Diaſcordium *one Ounce and a half, of* Venice Treacle *two Drams, of* Confectio Hyacinthi *one Dram,* Pouder of Nutmegs, Rue *Seeds,* Root of Angelica, Enulacampane, *of each one Dram and a half,* Wine Vinegar (*or rather* Peſtilential Vinegar) *one Ounce,* Oyl of Sulphur *fifteen drops,* Syrup of Juice of Citron *as much*

*much as sufficeth: make up all together.* The Dose is from one Dram and a half to two Drams.

*Or take of* Conserve of Wood Sorrel, *half a Pound, of* Mithridate *four Ounces.* The Dose is two Drams.

In time of Sweating, give the Patient Posset Drink made with Pestilential *Vinegar*; boyl in the Milk *Scordium* or *Marigold* Flowers; if he is very dry, boyl *Medesweet*, or *Wood Sorrel*; if he is ill at Stomach, and apt to vomit or faint, give *Claret* Wine burnt with *Cinnamon*

*namon* and *Zedoary* Root, and *Mint* Water mix'd with it: Or elſe give him *Beer* boyl'd with a Cruſt of *Bread* and *Mace*, and ſweetn'd with *Sugar*. Beſides, to the richer ſort give now and then a draught of a *Cordial Julep*, and ſometimes a Doſe of a *Cordial Electuary*; which kind of Medicines ſhould be given likewiſe after Sweating is over, once in three or four hours, of one or other, to refreſh the Spirits, and to keep the Malignity from the Heart. Give him no cold *Beer* in two or three days. After Sweating waſh the Mouth with *White-wine Vinegar* and *Roſe Water*: Alſo dip a Spunge in the ſame warm, and gently ſtroke the Temples of the Head, and Noſtrils with the ſame.

Between whiles give of the Medicines following.

*Take* Woodsorrel Water, *and* Dragon-Water, *of each Four Ounces*; Scordium Water, *two Ounces*; Treacle Water (*or* Plague Water) *one Ounce and a half*; Syrup of Gilloflowers (*or of* Juice of Citrons) *two Ounces*; Pearle finely pouder'd *one Scruple*; Spirit of Vitriol *twelve Drops*: *Mix them.*

*Or*

*Or make a* **Decoction** *thus.*

*Take of* Harts-Horn raſp'd, *and* Ivory, *of each three Drams; a* Pear-main *ſliced,* Wood-ſorrel *half an handful: Boyl theſe in three* Pints *of Water, till a third part is waſted; Strain it on two Ounces of* Con-ſerve *of* Gilloflowers, *or* Woodſorrel, *or* Red Roſes: *Let it infuſe an hour: then ſtir it, and ſtrain it out: Give a Quarter of a Pint warm.*

Whereas we give *Emulſions*

made with such a Decoction and *Almonds*, and cold Seeds in Fevers, **Diemerbroek** affirms, upon his frequent Observation, *Emulsions* never do well in the Plague.

*Take of the* Conserve of Woodsorrel *four ounces, of the* Rob of Goosberries *or* Rasberries *two Ounces*, Species Diarrhodon Abbatis *two Drams*, Confectionis Liberantis *one Dram and a half, of* Prepar'd Pearl *half a Dram*, Red Coral prepar'd *one Dram, with a sufficient quantity*

*of*

*of* Syrup of Juice of Citron: Let it be made an Opiate: The Doſe is one or two Drams often in a day.

Sometimes the Plague is accompanied with dangerous Symptoms, to which if Remedies are not ſuddenly applied, all we do beſides is to little purpoſe. Such Accidents, which call for reſpective ways of Cure, are chiefly *Fluxes of Blood*, and *Looſneſs of the Belly*, and *Vomiting*.

The firſt uſe to happen ſeveral ways, *viz.* at the Noſe and Mouth, by Stool or Urine, by the *Hæmorrhoids*, and in Women by Menſtrual Purgations: Some

of which, as by Urine always, and oft times by Stool, are mortal; none of them ever tend to good Therefore in all such cases, Remedies must be administred which may stop Bleeding: And though Sweating and Refection of the Spirits be still the principal intention of Cure; yet the other must come in as collateral with both of them; and Medicines that restrain Fluxes of Blood be mixed both with Sudorificks and other Cordials, and also be administred with Diet too.

In all *Hæmorrhages* Sudorificks must be compounded of Medicines that are temperate, and not astringent.

For

For **Potions** they be made thus

*Take* Pimpernel Water, *or* Tormentil Water *two Ounces, of* Scordium Water *six Drams, of* Vinegar *that has* Tormentil Roots infus'd *in it, two Drams,* Confection of Hyacinth *one Dram, of* prepar'd Bole *half a Dram,* Extract of Tormentil *one Scruple, of* Syrup of Coral *three Drams.*

*Or make* Posset Drink *with* Tormentil Vinegar, *boyl in it a* Root of Tormentil *and* Bistort; *in one draught of it dissolve of* Venice Treacle *two Scruples*, Confection of Hyacinth, prepar'd Bole, *of each one Scruple.*

Make this *Apozeme*, and give two or three Ounces three or four times in a day.

*Take of* Tormentil Roots *half an Ounce*, Bistort *three Drams*, Red Sanders

ders *one Dram*, *of* Pomegranate Peel *one Dram*, St. Johns Wort, Plantane *and* Burnet, *of each half a handful*; Flowers of Roſes, *and* Pomegranates, *of each one Dram and a half*; *of* Plantane Seeds *one Dram*: *Boyl theſe in three Pints of Water till a Pint is waſted*; *ſtrain it, and add to it of* Syrup of Coral *two Ounces*, Confection of Hyacinth *two Drams*: Mingle them.

**Powders** may be compounded thus.

*Take of* Confectio Liberans, *or* Confection of Hyacinth *half a Dram*; Tormentil Roots, Fine Bole, *of each one Scruple*; Pearl *and* Coral prepar'd, *of each half a Scruple*: Give it in a Spoonful of *Syrup* of *Coral*, with a Spoonful of *Tormentil Vinegar*.

Make

Make a **Bolus** thus.

*Take* Confection of Hyacinth and Venice Treacle, *of each half a Dram*; Tormentil Roots *and* prepar'd Bole, *of each one Scruple*; *of* Extract of Tormentil *half a Scruple*, *of* prepar'd Pearl *six Grains*, *of* Syrup of Coral *as much as is sufficient.*

For **Juleps** and **Confections**, to give in, and betwixt *Sweating*,

*Sweating*, they be compounded thus.

*Take of* Medeſweet *Water eight Ounces*, ſmall Plague *Water*, Scordium Compound *Water*, *of each three Ounces*; *of* Syrup of Coral *two Ounces*, Confection of Hyacinth *two Drams*, *of* Tormentil Vinegar *half an Ounce*; Mix them: Give four or five Spoonfuls every third hour.

*Or take of* Conſerve of Red

Red Roſes *four Ounces*, *of* prepar'd Coral *two Drams*, *of* prepar'd Pearl *half a Dram*, Confection of Hyacinth and Alkermes, *of each one Dram*, of Tormentil Vinegar *half an Ounce*; *or as much as is ſufficient*: Make it up into an Electuary: Give once in three or four hours as much as a Nutmeg.

Theſe kinds of Remedies, which are proper in *Hæmorrhages*, are alſo to be uſed in *Fluxes* of the Belly; likewiſe by Women with Child,

Child, becauſe other more hot Medicines may provoke an Abortion.

Make **Tormentil Vinegar** thus:

*Take* Roots of Tormentil, Biſtort *dried and ſliced, of each an Ounce,* Cinnamon *half an Ounce,* Red Sanders *one Dram: Bruiſe all very well, and put to it a Quart of* White-Wine Vinegar; *digeſt it in a common Furnace for four days: At the ſame time take* Red and White Coral finely pouder'd,

pouder'd, *of each half an Ounce*; Dragons Blood, Blood-Stone, *of each one Dram*; Fine Bole, *two Drams*: *Digeſt theſe in the ſame manner with a* Quart of Vinegar: Then ſtrain out both the Liquors, and mix them.

Let **Extract** of **Tormentil** Roots be made thus.

*Take* Tormentil *and* Biſtort-Roots, *of each one Ounce*; of Cinnamon *half an Ounce*, of Red Sanders

Sanders *two Drams*, Salt of Wormwood *half an Ounce*; *bruise all together, adding of* Tormentil Vinegar *two Ounces*; *put it in a Vessel to digest with three Pints of* Mede-sweet Water: *Strain it, and evaporate it with a gentle heat in* Balneo Mariæ *to the Consistency of Honey.*

In the Cure of the Plague, if a course of Sweating, timely administred, do plentifully succeed, and withal other private Excretions be either prevented or presently

ſently ſuppreſt, the Patient may be judg'd to be in a hopeful condition; and ſometimes the Venom is quite expell'd, without any other accident: But for the moſt part, becauſe the Poyſon, by fermenting the Blood and Humours, is ſoon greatly encreas'd; ſo that all of it, eſpecially the groſſer Particles, cannot eaſily evaporate, it ſettles in the outward Parts, and there cauſeth the ſwelling and breaking out of divers kinds: Thoſe that require any application of Remedies, are **Boils** and **Carbuncles**.

The firſt of theſe commonly happen in Parts that are very Glandulous; as behind the Ears, under the Armpits, and in the

Groin : They arise with a hard Swelling, which ought to suppurate and break, and the Corruption to be drawn all out, by the running of the Sore for some time : These Tumors call'd **Bubo's**, should be ordered thus.

If a Blister is not rais'd on, or near the place already, 'tis good to apply a *Vesicatory* Plaister just below it, but on the Tumor it self to apply some drawing Medicine, to attract the Venom outward ; as at first, the Fundament of some living Fowl, or else a *Colewort-Leaf* dipt in scalding Water, and dried again, and smear'd over with *Oyl of Lillies* or *Scorpions.* To ripen the Sore, lay on Pultises or Plaisters ; or rather first Pultises, and then

then Plaiſters, when it tends to ſuppuration; which ſhould be renew'd every twelve hours at leaſt.

## For Pultiſes.

*Take an* Onion *and* White Lilly Roots, *boyl them, or elſe wrap them in a wet Paper, and roaſt them in the Embers, afterward ſtamp both together, adding a little* Treacle, *and* Oyl of Lillies *as much as is ſufficient: Or elſe roaſt a* Fig *with either or both theſe above-nam'd,*

*and make a Pultis in the same manner: Or else with either, or all above-named* Remedies, *add an handful of* Scabious *or* Sorrel *wash'd; and after beat all into a Pultis.*

*Take* Pimpernel roasted on the Embers, *mollifie it with* Oyl of Scorpions, *adding a little* Pouder of Myrrh *and* Venice Treacle, *and lay it to the Sore.*

*Some*

*Some do commend* live Frogs *to be applyed, and renew'd as oft as they die.*

*For a Plaister to break the Sore when it is open'd,* Diachylon *with* Gums; *or else those two Emplaisters,* viz. Emplastrum Paracelsi, *and* de Fuligine, *mention'd by* Diemerbroek, *pag.* 213. Paracelsus his Plaister is there thus order'd to be made.

*Take of* Gum Oppopanax *two Ounces*, Seraphin *or* Sagapen *four Ounces*, Bdellium *three Ounces*, Galbanum *one Ounce*, Olibanum *two Drams*; *let them be diſſolved in* Vinegar, *and ſtrain'd, and adding the* Pouder of a dried Toad and Frog, *of* Natural Brimſtone *one Ounce*, *of* Camphire *one Dram*: Let it be made a Plaiſter to be

be put upon the Tumor, and renewed every six hours.

**Emplastrum de Fuligine,** or **Plaister of Soot,** is thus made.

*Take of* Chimney Soot *ten Drams*, Leaven, Turpentine, Butter, *of each one Ounce*, Venice Sope *one Ounce and a half*, *of* Honey of Roses *six Drams*, Common Salt *half an Ounce*, *the* Whites of two Eggs, Treacle

cle *and* Mithridate, *of each two* Drams: Let them be mixed. *For the Poorer ſort,* Shoemakers Wax *is as good as any.*

If when the Tumor is ripen'd, it do not ſoon break of it ſelf, it is beſt to open it by Inciſion; and when it is broken, put in a Pledget dipp'd in *Turpentine* mix'd with the *Yolk of an Egg*; or dreſs it with *Baſilicon* alone, or the Liniment of *Arceus.*

A **Carbuncle,** which is the other kind of Plague-Sore, which requires the operation of the hand, happens but ſeldom in any of the Emunctories [and when

when it does it portends ill] but uſeth to be in moſt places elſe: It ariſeth with angry *Puſtules*, ſometimes one, ſometimes many; which ſoon grow diſcolour'd, and tend to Mortification, and the ſubſtance mortified muſt be caſt out, and then the hollow Ulcer which remains muſt be healed.

When a *Carbuncle* firſt appears, **Diemerbroek** commends to be applied to it for the firſt and ſecond day, a *Red Colewort Leaf*, ſmear'd over with *Rape Oyl*: The ſame Author mentions a *Pultis* which he us'd for the moſt part, renewing it three or four times in four and twenty hours, till the Core was taken out; and then Digeſtive Medicines, and others ſucceed-

ſucceedingly are to be us'd, as in other *Ulcers*.

*Take* Scabious *and* Devils Bit, *of each two or three handfuls, ſtamp them, and then beat them with the* Yolks of two Eggs, *and a little* Salt; *lay it to the* Carbuncle *warm, renewing it three times in a day at leaſt.*

FINIS.

29457(2)

# POEM

UPON A

# Laurel-Leaf.

---

Viris admodum Colendis,

PUBLICÆ SCHOLÆ,

Vulgò dictæ,

*Harrow super Montem,*

GUBERNATORIBUS,

*VIZ.*

Dn° *CAROLO GERARD* Baronetto.
Dn° *EDVARDO WALDO* Militi.
*CHEEK GERARD,*
*DANIELI WALDO,*
*GULIELMO FEN,*
*EDVARDO WALDO,* } Armigeris.

Hoc qualecunque Poema, *Gulielmus Bolton* M.A. & ejusdem Scholæ Archi-didascalus, humillimè dedicat.

In LAURUM APOLLINI dicatam, cujus Foliis (monitu Reverendi Viri Domini *Fiſher*, & juſſu Honoratiſſimæ Dominæ, Dominæ *Gerard*) uſus ſum, quæ mihi Morbo articulari laboranti, ſæpe medicata ſunt.

*CONVENERE loco quodam flammantis Olympi*
*(Ut fama eſt) omnes Diique Deæque ſimul.*
*Queis placuit varias leges edicere, & inter*
*Iſtas, de Arboribus Lex fuit una rata.*
*Eſto Jovi Quercus, Pinus Cybelæque dicata,*
*Populus Alcidi, Pallas, Oliva tibi.*
*Sit mihi, Bacchus ait, Vitis, dulciſſima Vitis,*
*Deliciæque virûm, deliciæque Deûm.*
*Formoſæ Veneris circundet tempora Myrtus,*
*Myrto cincta duas vicerat illa deas.*
*Sol memor & fati Phaethontis, & orbis aduſti,*
*Depoſuit radios, qui nocuere, ſuos.*
*Pro radiis dixit, cingat mea tempora Laurus,*
*Sola caput noſtrum Laurea ſerta tegant.*
*Nunc, Quàm me juvat * eſculeas dimittere frondes?*
*Jupiter has ſolus, ſi placet, inquit, habe.*
*Sic Phœbus: riſere Dii, riſere Deæque;*
*Et mira attonito res mihi viſa fuit.*
*Quamvis attonito, cauſas tamen addere cauſis*
*Stat mihi, cur Phœbo Laurea ſacra fuit.*
*Anne quòd, aiebam, flammis data conſcia Laurus*
*Dat ſirepitum, Dominum ceu miſerata ſuum?*
*An, quòd perpetuo Laurus frondeſcit honore,*
*Et ſemper, Juvenis ceu Deus iſte, viget?*
*An, quòd non ſævi fulmen timet illa Tonantis,*
*Fulmen, quò Phaethon præcipitatus erat?*

ide O-
li Me-
. l. 1.

An,

## *Upon the* LAUREL, *ſacred to* APOLLO, *whoſe Leaves I made uſe of (by the Advice of Mr.* Fiſher, *and the repeated Commands of the Honourable the Lady* Gerard) *which have often cured me of a* Rheumatiſm.

Paraphraſtically tranſlated by *T. F.* Gent.

THE Gods and Goddeſſes, with joint Conſent,
Met once (as Fame reports) in Parliament,
And there diſpos'd, by high and firm Decrees,
Of all Things; and, amongſt the reſt, of Trees.
*Jove* made *Dodona*'s Noble Oak his Choice,
His Right being firſt to an Elective Voice.
The Mother-Goddeſs took the lofty Pine.
The fruitful Olive was, *Minerva*, thine.
And jolly *Bacchus* choſe the ſpreading Vine.
Sacred t' *Alcides* was the Poplar Tree:
The Myrtle, Beauteous Queen of Love, to thee.
Let all the Grove turn round into a Ring,
And bowing low, ſalute thy Myrtle King.
'Twas made for Rule, tho' not for Empire fit
By Native Worth, yet by thy Choice of it.
*Apollo* laid his too-bright Glories down,
And wreath'd about his Head a Laurel Crown,
Loving much leſs to be in Sun ſhine ſeen,
Than clad in new and everlaſting Green.
*Jove* turn'd about his Head, and ſmiling ſaid,
Now, now you have enjoy'd the flying Maid.
Moſt thought the thing ridiculous and odd,
A Choice too fooliſh for ſo wiſe a God;
And all did *Pallas* and *Lyæus* praiſe

*An, quòd venturi narratur præscia, visa est*
*Arbor Fatidico Laurea digna Deo?*
*Nunc hanc, nunc aliam placuit mihi fingere causam,*
*Quin causa incerta est ista, vel ista mihi.*
*Arborem in hanc versâ de Daphnê fabulæ venit*
*In mentem; haud placuit fabula at ista mihi.*
*Ob fructum, dixi, Pallas dilexit Olivam;*
*Neve minùs prudens Pallade, Phœbus erat:*
*Inveni tandem: Medicorum Divus Apollo est;*
*Consului Medicos; hi retulere nihil.*
*Ridebat quidam, si quisquam, verus amicus,*
*Quique Lucas misero contulit alter opem;*
*Ridebat, Quare, &, Medicos tu consulis, inquit?*
*Ut radios, Laurum donat Apollo tibi.*
*Non capio, dixi: Non me capis, ille ferebat?*
*Dat Phœbus gratis munera quæque sua.*
*Te Medici Laurum, te celavere, salutem*
*Quamque Ars istorum non dabit, illa dabit.*
*Vane, quid à Medicis posthàc sperare licebit?*
*Quum Needhamus opem non tulit ipse tibi.*
*Non tulit ipse tibi; qui sæpe e faucibus atræ*
*Mortis, te raptum reddidit arte suâ.*
*Needhamus, cui non Medicorum opprobria dici*
*Possunt, quem doctum noveris atque pium.*
*Pergit: luce suâ quâ conspicit omnia, Phœbus*
*Virtutem Lauro vidit inesse suæ.*
*Nec desivit adhuc: Quendam vidisti n' amicum,*
*More tui misero qui laceratus erat?*
*Acceptam Lauro gratus fert ille salutem;*
*Vidisti, erectus quàm novus Æson adest?*
*Arreptâ dextrâ Laurûs tunc comiter usum*
*Me docet; at surdis auribus ille canit.*
*Morbo etiam atque etiam fueram distortus acuto;*
*(Scilicet, haud Laurum corpora sana probent)*
*Assurgit tandem mulier sata sanguine Regum,*
*(Cui non est Virtus nobilitate minor)*
*Hæc, tanquam fuerat divino concita motu,*

I wonder'd likewiſe at an Act ſo vain,
And feard the God had prejudic'd his Brain ;
And ſought a thouſand Reaſons in my Mind,
T' excuſe the Choice, but could no Reaſon find.
I knew the Laurel had been always worn,
And ſtill the Heads of Poets did adorn;
But ſince the Rhiming Tribe are always poor,
(For Father *Homer* begg'd from Door to Door)
The Laurel was for *Mercury* more fit,
As th' Emblem both of Poverty and Wit.
At laſt, thought I, ſince *Phœbus* has the Art,
As God of Phyſick, Med'cine to impart,
Perhaps by Laurel he ſome way has found
To cure an high Diſeaſe, or heal a Wound.
I ask't the Doctors, whether it were ſo;
Who ſmiling at my Queſtion, anſwered, No.
But wiſer *Fiſher* better Comfort gave,
*Fiſher* the Name of Second *Luke* may have;
*Fiſher*, that can both Souls and Bodies ſave.
Conſult Phyſicians, Friend, ſaid he, no more,
But take *Apollo*'s much more bounteous Store;
He with a quick and all-diſcerning Eye
The ſecret Vertues did of Laurel ſpie.
All may enjoy alike his Beams and Tree;
He ſcatters both his Bleſſings, frank and free;
Gives the beſt Phyſick, and yet takes no Fee.
Doſt thou not know, (thou canſt not chuſe but know)
How our dear Friend was wrack't a while ago? *Monſieur*
How your Diſeaſe did all his Limbs ſurprize? *Meur.*
A Torture, which almoſt all Art defies.
Yet he no ſooner did theſe Leaves apply,
But he cry'd out aloud, I will not die.
I feel, I change this heavy lump of Earth,
And, *Æſon* like, receive a ſecond Birth.
This, and much more, my dear Friend *Fiſher* told,
And then began its Virtues to unfold.
I ſtupid, hardly heard the Words he ſpake,

*Nec mora : continuò illius præcepta faceſſo,*
*Atque manu capio munera, Phœbe, tua.*
*Admotâ Lauro, morbi fugêre dolores,*
*Et ſumunt vires corpora noſtra novas :*
*Auricomis ramis tutus ſic Troïus Heros*
*Tartarei vidit regna timenda Dei.*
*Poſt Laurum acceptam, Quàm ſum diverſus ab iſto*
*Olim qui fueram ? Quàm novus alter ego ?*
*Diſſimilis primæ Domina es Gerarda Parenti ;*
*Arbore tu vitam, contulit Eva necem.*
*Viſa tuo Regi in ſomnis dedit herba ſalutem,*
*Quam medici haud dederant, ſic Ptolomæe, tibi.*
*Romano, multos hoſtes qui fudit, habere*
*Appoſitam Laurum, fas erat, ante fores.*
*Heu ! Quàm non decuit talem ſacra Apollinis arbor ?*
*Servâſſe eſt Phœbi, non jugulâſſe viros.*
*Arbor pluris erit Phœbi, ratione medendi,*
*(Si minimo vatum ſcire futura dedit)*
*Quid ? Laurum ſpectat Phœbus de ſede coruſcâ,*
*Reddentem miſeris corpora firma viris :*
*I nunc, lætus ait, mireris, Pallas, Olivam,*
*Vitemque oſtendas, ebrie Bacche, tuam.*
*Afficiunt morbis mortales munera veſtra ;*
*E Lauro noſtrâ eſt certa reperta ſalus.*
V. Ovid. e Faſt. 4. *Quòd per te, Alma Pales *, valuere homineſq; gregeſqu*
*Grata tuis fuerat Laurus aduſta focis.*
*Nunc, per me, Medicis licet ingeminare cachinnos,*
*Arborem Apollineam dilacerentque jocis.*
*Gratus ego ſcribam : Vireat Phœbeïa Laurus,*
*Quâ mihi plus nummi, pluſque ſalutis adeſt.*

'Till by a Noble Lady order'd thrice,
I yielded to her safe and wise Advice.
The Propheteſs affirm'd, th' Effects were ſure,
And both at once foretold and made the Cure.
Tell me, my Muſe, for thou alone canſt tell,
What Magick in the beauteous Sex does dwell?
What charming Witchcraft do the Fair invent,
To force, and yet perſuade us to conſent?
Bleſt be the Sex, ſo apt and prone to ſave,
And bleſt the Tongue, which thoſe Injunctions gave.
What diff'rent Gifts do I from you receive,
From thoſe beſtow'd by my firſt Mother *Eve*?
She brought in Death by one forbidden Tree,
You by another do new Life decree;
And by an Act, which nothing can confute,
Have made the Leaf more noble than the Fruit:
For nothing, when I'm ſick, can that excel,
Which but to uſe and try, is to be well.
That healing Herb was ſomething like this Tree,
Which *Alexander* did in Viſion ſee,
And did his Health to *Ptolemy* reſtore,
When the Phyſicians had quite gi'n him o're.
*Rome* (which allow'd t' each mighty Conqueror
To plant a Laurel-tree before his Door)
Miſtook its Property, and plac'd it ill;
The Laurel is to cure, and not to kill.
And therefore *Phœbus* values it as good,
Rather for ſaving, than for ſpilling Blood.
Now, O Phyſicians, torture whom you pleaſe
With nauſeous Potions, worſe than the Diſeaſe.
Who'll now eſteem thoſe Medcines you impart,
When one poor Leaf can baffle all your Art.
Mock as ye will, ye have my leave to grin;
I'll truſt the Proverb, *Let them laugh that win*:
And will that ſafer Phyſick ſtill purſue,
Which gives me Health, and ſaves my Money too.

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S/B Poem to Transcribe